

# KAMUS NORDIC WALKING

B4SPORT

**Wydarzenie:** 150 maraton Kazimierza Musiałowskiego  
**Organizator:** Klub Sportowy „Kamus Maraton”  
**Data:** 2018-06-09  
**Miejsce:** Osieki  
**Dystans:** 10.549 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Spike_All 5.3km	Czas netto 10.549km	Czas brutto 10.549km	Różn	Tempo min/km	Tempo km/h
1	<b>BOGACKI Sławek</b>	<b>168</b>	ENERGA NW TEAM	M-OPEN	1	00:00:01	00:39:35	<b>01:15:17.90</b>	<b>01:15:19.55</b>		7:08	8.4 (100%)
2	<b>GIERSZEWSKI Arkadiusz</b>	<b>184</b>		M-OPEN	2	00:00:01	00:40:40	<b>01:17:55.20</b>	<b>01:17:57.15</b>	+00:02:37 (3.4%)	7:23	8.1 (96.4%)
3	<b>NOWAK Aleksandra</b>	<b>156</b>	CZYŚCIK TEAM	K-OPEN	1	00:00:04	00:42:28	<b>01:21:33.60</b>	<b>01:21:37.90</b>	+00:06:15 (7.7%)	7:43	7.8 (92.9%)
4	<b>MAŁKIEWICZ Jacek</b>	<b>153</b>		M-OPEN	3	00:00:01	00:42:33	<b>01:21:36.30</b>	<b>01:21:37.95</b>	+00:06:18 (7.7%)	7:44	7.8 (92.9%)
5	<b>KOZŁOWSKA Danuta</b>	<b>148</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	2	00:00:01	00:45:25	<b>01:28:13.05</b>	<b>01:28:14.75</b>	+00:12:55 (14.6%)	8:21	7.2 (85.7%)
6	<b>KACZMAREK Zofia</b>	<b>154</b>	TEAM CZYŚCIK	K-OPEN	3	00:00:03	00:46:28	<b>01:28:58.10</b>	<b>01:29:01.70</b>	+00:13:40 (15.4%)	8:25	7.1 (84.5%)
7	<b>KUBIAK Anna</b>	<b>180</b>	REKU RUN	K-OPEN	4	00:00:02	00:48:59	<b>01:32:38.95</b>	<b>01:32:41.70</b>	+00:17:21 (18.7%)	8:46	6.8 (81.0%)
8	<b>CZASOWIEC Andrzej</b>	<b>152</b>	NORDIC WALKING ZA UŚMIECH	M-OPEN	4	00:00:07	00:49:27	<b>01:32:58.70</b>	<b>01:33:05.85</b>	+00:17:40 (19.0%)	8:48	6.8 (81.0%)
9	<b>WOŹNY Agnieszka</b>	<b>157</b>		K-OPEN	5	00:00:03	00:49:24	<b>01:32:58.90</b>	<b>01:33:02.20</b>	+00:17:41 (19.0%)	8:48	6.8 (81.0%)
10	<b>REDMER Monika</b>	<b>160</b>		K-OPEN	6	00:00:02	00:49:24	<b>01:32:59.00</b>	<b>01:33:01.90</b>	+00:17:41 (19.0%)	8:48	6.8 (81.0%)
11	<b>MAĆKIEWICZ Katarzyna</b>	<b>158</b>		K-OPEN	7	00:00:03	00:49:25	<b>01:33:07.10</b>	<b>01:33:10.45</b>	+00:17:49 (19.1%)	8:49	6.8 (81.0%)
12	<b>WOLSKA Żaneta</b>	<b>169</b>	KARTOFLE TEAM	K-OPEN	8	00:00:06	00:49:47	<b>01:33:25.40</b>	<b>01:33:31.75</b>	+00:18:07 (19.4%)	8:51	6.8 (81.0%)
13	<b>CZURYŃSKA Daria</b>	<b>175</b>	LEŚNA KUNA	K-OPEN	9	00:00:06	00:49:48	<b>01:33:25.45</b>	<b>01:33:31.65</b>	+00:18:07 (19.4%)	8:51	6.8 (81.0%)
14	<b>ŁUKOWSKA Elżbieta</b>	<b>161</b>		K-OPEN	10	00:00:04	00:49:33	<b>01:35:12.05</b>	<b>01:35:16.75</b>	+00:19:54 (20.9%)	9:01	6.6 (78.6%)
15	<b>ZAWADZKI Marcin</b>	<b>106</b>		M-OPEN	5	00:00:09	00:52:13	<b>01:36:31.60</b>	<b>01:36:40.75</b>	+00:21:13 (22.0%)	9:08	6.6 (78.6%)
16	<b>DUNAJSKA Justyna</b>	<b>167</b>	:)	K-OPEN	11	00:00:07	00:52:17	<b>01:36:33.45</b>	<b>01:36:41.10</b>	+00:21:15 (22.0%)	9:09	6.6 (78.6%)
17	<b>BUREK Teresa</b>	<b>179</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	12	00:00:06	00:51:48	<b>01:36:35.00</b>	<b>01:36:41.35</b>	+00:21:17 (22.0%)	9:09	6.6 (78.6%)
18	<b>ARASZKIEWICZ Marta</b>	<b>104</b>		K-OPEN	13	00:00:09	00:52:18	<b>01:38:07.25</b>	<b>01:38:16.30</b>	+00:22:49 (23.3%)	9:18	6.5 (77.4%)
19	<b>ARASZKIEWICZ Monika</b>	<b>162</b>		K-OPEN	14	00:00:08	00:52:18	<b>01:38:07.90</b>	<b>01:38:16.15</b>	+00:22:50 (23.3%)	9:18	6.5 (77.4%)
20	<b>DURMOWICZ Katarzyna</b>	<b>165</b>		K-OPEN	15	00:00:04	00:51:44	<b>01:38:35.55</b>	<b>01:38:39.70</b>	+00:23:17 (23.6%)	9:20	6.4 (76.2%)
21	<b>BILSKA Dorota</b>	<b>159</b>		K-OPEN	16	00:00:03	00:51:46	<b>01:38:36.05</b>	<b>01:38:39.65</b>	+00:23:18 (23.6%)	9:20	6.4 (76.2%)
21	<b>GRĄBCZEWSKA Jolanta</b>	<b>182</b>		K-OPEN	17	00:00:05	00:54:09	<b>01:38:36.05</b>	<b>01:38:41.05</b>	+00:23:18 (23.6%)	9:20	6.4 (76.2%)
23	<b>CHMIELEWSKI Jan</b>	<b>141</b>		M-OPEN	6	00:00:09	00:52:55	<b>01:39:09.65</b>	<b>01:39:19.55</b>	+00:23:51 (24.1%)	9:23	6.4 (76.2%)
24	<b>TYMIŃSKA Agnieszka</b>	<b>176</b>	FIT-BALANCE	K-OPEN	18	00:00:05	00:52:39	<b>01:39:49.85</b>	<b>01:39:55.55</b>	+00:24:31 (24.6%)	9:27	6.3 (75.0%)
25	<b>PARCIAK Jacek</b>	<b>177</b>		M-OPEN	7	00:00:06	00:52:36	<b>01:39:50.75</b>	<b>01:39:57.05</b>	+00:24:32 (24.6%)	9:27	6.3 (75.0%)
26	<b>WESOŁOSKA Monika</b>	<b>185</b>		K-OPEN	19	00:00:14	00:54:04	<b>01:41:33.70</b>	<b>01:41:47.70</b>	+00:26:15 (25.9%)	9:37	6.2 (73.8%)
27	<b>SARNIAK Krzysztof</b>	<b>149</b>	NORDIC WALKING ZA UŚMIECH	M-OPEN	8	00:00:04	00:54:09	<b>01:43:01.45</b>	<b>01:43:05.70</b>	+00:27:43 (26.9%)	9:45	6.1 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Spike_All	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5.3km	10.549km	10.549km			
28	<b>KOC-DĄBROWSKA Małgorzata</b>	<b>144</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	20	00:00:03	00:54:09	<b>01:43:02.40</b>	<b>01:43:05.40</b>	+00:27:44 (26.9%)	9:45	6.1 (72.6%)
29	<b>PARADOWSKA Barbara</b>	<b>183</b>		K-OPEN	21	00:00:05	00:54:05	<b>01:43:44.15</b>	<b>01:43:49.35</b>	+00:28:26 (27.4%)	9:49	6.1 (72.6%)
30	<b>DUNAJSKA Maria</b>	<b>163</b>		K-OPEN	22	00:00:08	00:54:13	<b>01:44:08.75</b>	<b>01:44:16.90</b>	+00:28:50 (27.7%)	9:52	6.1 (72.6%)
31	<b>DERKOWSKA Beata</b>	<b>187</b>		K-OPEN	23	00:41:42	00:53:54	<b>01:45:52.20</b>	<b>02:27:35.10</b>	+00:30:34 (28.9%)	10:02	6 (71.4%)
32	<b>PORAZIŃSKA Mirosława</b>	<b>150</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	24	00:00:04		<b>01:47:23.80</b>	<b>01:47:28.50</b>	+00:32:05 (29.9%)	10:10	5.9 (70.2%)
33	<b>GÓRECKA Teresa</b>	<b>178</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	25	00:00:06		<b>01:48:59.40</b>	<b>01:49:06.25</b>	+00:33:41 (30.9%)	10:19	5.8 (69.0%)
34	<b>RADZIMIŃSKA Ewa</b>	<b>172</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	26	00:00:05		<b>01:49:01.55</b>	<b>01:49:07.45</b>	+00:33:43 (30.9%)	10:20	5.8 (69.0%)
35	<b>SULECKI Jan</b>	<b>186</b>		M-OPEN	9	00:00:06	00:57:36	<b>01:49:28.75</b>	<b>01:49:35.40</b>	+00:34:10 (31.2%)	10:22	5.8 (69.0%)
36	<b>RADZYMIŃSKA Krystyna</b>	<b>170</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	27	00:00:07	00:57:25	<b>01:50:11.85</b>	<b>01:50:19.30</b>	+00:34:53 (31.7%)	10:26	5.7 (67.9%)
37	<b>DUSZYŃSKA Urszula</b>	<b>171</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	28	00:00:05		<b>01:50:13.95</b>	<b>01:50:19.30</b>	+00:34:56 (31.7%)	10:26	5.7 (67.9%)
38	<b>AUGUSTYN Mieczysława</b>	<b>174</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	29	00:00:05	00:57:24	<b>01:50:14.30</b>	<b>01:50:19.45</b>	+00:34:56 (31.7%)	10:26	5.7 (67.9%)
39	<b>CZARNA Marta</b>	<b>143</b>		K-OPEN	30	00:00:02	00:58:07	<b>01:52:57.45</b>	<b>01:52:59.85</b>	+00:37:39 (33.3%)	10:42	5.6 (66.7%)
40	<b>KĘPA Stanisława</b>	<b>173</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	31	00:00:07	00:58:21	<b>01:54:51.05</b>	<b>01:54:58.50</b>	+00:39:33 (34.4%)	10:53	5.5 (65.5%)
41	<b>BARCZAK Danuta</b>	<b>166</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	32	00:00:04		<b>01:55:12.40</b>	<b>01:55:16.40</b>	+00:39:54 (34.6%)	10:55	5.5 (65.5%)
42	<b>MAŁECKA-KUKAWKA Jolanta</b>	<b>146</b>	NORDIC WALKING ZA UŚMIECH	K-OPEN	33	00:00:03	00:56:49	<b>01:55:13.25</b>	<b>01:55:16.60</b>	+00:39:55 (34.6%)	10:55	5.5 (65.5%)
43	<b>KACZMAREK Jarek</b>	<b>155</b>	TEAM CZYŚCIK	M-OPEN	10	00:00:14	00:47:17			+00:07:43	8:55	6.7 (79.8%)

Znaleziono 43 wynik(ów)